



ADULT TENNIS



The ADULT TENNIS program is designed adults, 16 and up. Participants are provided with a variety of drills, games and activities in order to learn the basic fundamentals of the game of tennis. Program description is as follows:

Adult: For men and women, 16 and up. These classes cover the basic strokes and fundamentals for those with little or no experience and then teach participants certain skills like keeping the ball in play, serving, lobs and overheads for those with some experience.

GENERAL PROGRAM INFORMATION

Classes offered during the fall will take place at the Town Farm Courts. Sessions are one week that encompass two 1 hour and 25 minute lessons.

SESSION 1: September 13 - 16

<i>MW</i>	<i>9:30 am – 10:55 am</i>	<i>Lo-Int/Int</i>	<i>AT11</i>
<i>MW</i>	<i>11:00 am – 12:25 pm</i>	<i>Adv Beg/Lo-Int</i>	<i>AT12</i>
<i>TTH</i>	<i>9:30 am – 10:55 am</i>	<i>Adv Beg/Lo-Int</i>	<i>AT13</i>
<i>TTH</i>	<i>11:00 am – 12:25 am</i>	<i>Lo-Int/Int</i>	<i>AT14</i>

SESSION 2: September 20 – 23

<i>MW</i>	<i>9:30 am – 10:55 am</i>	<i>Adv Beg/Lo-Int</i>	<i>AT21</i>
<i>MW</i>	<i>11:00 am – 12:25 pm</i>	<i>Lo-Int/Int</i>	<i>AT22</i>
<i>TTH</i>	<i>9:30 am – 10:55 am</i>	<i>Lo-Int/Int</i>	<i>AT23</i>
<i>TTH</i>	<i>11:00 am – 12:25 am</i>	<i>Adv Beg/Lo-Int</i>	<i>AT24</i>

SESSION 3: September 27 - 30

<i>MW</i>	<i>9:30 am – 10:55 am</i>	<i>Lo-Int/Int</i>	<i>AT31</i>
<i>MW</i>	<i>11:00 am – 12:25 pm</i>	<i>Adv Beg/Lo-Int</i>	<i>AT32</i>
<i>TTH</i>	<i>9:30 am – 10:55 am</i>	<i>Adv Beg/Lo-Int</i>	<i>AT33</i>
<i>TTH</i>	<i>11:00 am – 12:25 am</i>	<i>Lo-Int/Int</i>	<i>AT34</i>

SESSION 4: October 4 - 7

<i>MW</i>	<i>9:30 am – 10:55 am</i>	<i>Adv Beg/Lo-Int</i>	<i>AT41</i>
<i>MW</i>	<i>11:00 am – 12:25 pm</i>	<i>Lo-Int/Int</i>	<i>AT42</i>
<i>TTH</i>	<i>9:30 am – 10:55 am</i>	<i>Lo-Int/Int</i>	<i>AT43</i>
<i>TTH</i>	<i>11:00 am – 12:25 am</i>	<i>Adv Beg/Lo-Int</i>	<i>AT44</i>

Dave Kardas, USPTA, USPTR, is the Tennis Director. He can be reached at the Longshore Tennis Courts, 203-341-1182.

RAIN DAYS

All instruction is OUTDOORS. There are no indoor facilities. Any day that the courts might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **203-341-5074** to find out if lessons will still be held. There are no make-ups due to inclement court conditions.

WHAT TO BRING FOR INSTRUCTION

- ▶ Attire for the lesson should be a short sleeve shirt, shorts and sneakers with socks. If the weather seems to be cool, a sweatshirt, jacket or sweatpants would also be appropriate.
- ▶ Something to drink such as bottled water.

- ▶ Each participant must provide their own racket. If you need further information on a particular style or size, please contact Dave at the Tennis Office, 203-341-1182.

PRIVATE LESSONS

Most of our instructional tennis staff offers private lessons as well. All arrangements can be made directly through the instructor of your choice. If you do not have a particular instructor in mind, please consult Dave and he will arrange a lesson for you.

GENERAL RULES

- ▶ All participants are expected to respect each other and all staff. Discipline problems will not be tolerated.
- ▶ At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.